Poland - The probabilities of a major osteoporotic fracture in women

The following tables give the 10-year probability (%) of a major osteoporotic fracture (hip, clinical spine, forearm or proximal humerus fracture) according to the T-score for femoral neck BMD , the number of clinical risk factors (CRF) and age. Each table provides a mean estimate and a range, based on the epidemiology of Poland. The range is not a confidence interval, but because the weight of different risk factors varies, is a true range.

Note that the BMI is set at 24 kg/m².

Age = 50 years

Number of CRFs	BMD T-score (femoral neck)										
	-4.0	-3.5	-3.0	-2.5	-2.0	-1.5	-1.0	-0.5	0	0.5	1.0
0	15	9.2	6.2	4.4	3.4	2.8	2.3	2.1	2.0	1.9	1.8
1	22 (19-28)	14 (12-18)	9.5 (8.1-12)	6.8 (5.4-8.5)	5.2 (3.9-6.5)	4.2 (2.9-5.4)	3.5 (2.4-4.7)	3.2 (2.1-4.3)	3.0 (1.9-4.2)	2.9 (1.8-4.0)	2.7 (1.8-3.8)
2	33 (25-45)	21 (17-30)	14 (11-20)	10 (7.2-14)	7.8 (5.0-12)	6.2 (3.7-10)	5.2 (2.9-8.7)	4.7 (2.5-8.0)	4.4 (2.3-7.7)	4.2 (2.2-7.4)	4.1 (2.1-7.1)
3	46 (33-60)	31 (22-41)	21 (15-29)	15 (9.7-23)	11 (6.6-19)	9.1 (4.9-16)	7.6 (3.8-14)	6.8 (3.3-13)	6.4 (3.0-12)	6.1 (2.8-12)	5.9 (2.7-11)
4	61 (45-74)	43 (30-53)	30 (20-37)	22 (14-29)	16 (11-24)	13 (8.2-20)	11 (6.3-18)	9.8 (5.4-16)	9.2 (4.9-16)	8.8 (4.6-15)	8.4 (4.3-14)
5	75 (65-84)	57 (47-65)	41 (33-46)	30 (23-36)	23 (18-29)	18 (14-24)	15 (12-21)	14 (10-19)	13 (9.1-18)	12 (8.5-17)	12 (8.0-17)
6	88	72	55	41	32	25	21	19	18	17	16

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Ten year probability of osteoporotic fractures (%) according to BMD, the number of clinical risk factors (CRF) and age in women from Poland.

Age = 55 years

Number of CRFs	BMD T-score (femoral neck)										
	-4.0	**-3.5**	**-3.0**	**-2.5**	**-2.0**	**-1.5**	**-1.0**	**-0.5**	**0**	**0.5**	**1.0**
0	15	9.9	6.9	5.1	3.9	3.2	2.6	2.4	2.2	2.1	2.0
1	22 (20-27)	15 (13-18)	10 (8.9-13)	7.7 (6.1-9.3)	5.9 (4.4-7.3)	4.8 (3.4-6.1)	4.0 (2.7-5.3)	3.6 (2.4-4.9)	3.4 (2.2-4.7)	3.2 (2.1-4.4)	3.0 (1.9-4.2)
2	32 (26-43)	22 (18-30)	15 (12-21)	11 (8.1-16)	8.7 (5.7-13)	7.0 (4.3-11)	5.8 (3.4-9.5)	5.3 (2.9-8.8)	4.9 (2.6-8.3)	4.6 (2.4-7.9)	4.4 (2.3-7.5)
3	45 (34-57)	32 (24-40)	22 (16-31)	17 (11-25)	13 (7.6-21)	10 (5.7-17)	8.4 (4.4-15)	7.7 (3.8-14)	7.1 (3.4-13)	6.7 (3.2-13)	6.3 (2.9-12)
4	59 (45-71)	43 (31-52)	32 (22-39)	23 (16-32)	18 (12-26)	14 (9.5-22)	12 (7.3-19)	11 (6.3-18)	10 (5.6-17)	9.5 (5.1-16)	9.0 (4.8-15)
5	73 (65-81)	57 (48-63)	43 (35-48)	32 (26-38)	25 (20-31)	20 (16-26)	17 (13-22)	15 (11-21)	14 (10-20)	13 (9.2-19)	12 (8.5-18)
6	86	71	56	43	34	27	23	21	19	18	17

Age = 60 years

Number of CRFs	BMD T-score (femoral neck)										
	-4.0	**-3.5**	**-3.0**	**-2.5**	**-2.0**	**-1.5**	**-1.0**	**-0.5**	**0**	**0.5**	**1.0**
0	15	11	7.5	5.6	4.3	3.5	2.9	2.7	2.4	2.3	2.1
1	23 (21-26)	16 (14-18)	11 (9.5-13)	8.3 (6.7-9.7)	6.4 (4.9-8.0)	5.2 (3.7-6.7)	4.4 (3.0-5.8)	3.9 (2.7-5.4)	3.6 (2.4-5.0)	3.3 (2.2-4.7)	3.1 (2.0-4.4)
2	32 (27-41)	23 (19-29)	16 (13-21)	12 (8.8-17)	9.4 (6.3-14)	7.5 (4.7-11)	6.4 (3.8-10)	5.7 (3.2-9.3)	5.3 (2.9-8.7)	4.9 (2.6-8.1)	4.5 (2.4-7.6)
3	44 (35-53)	32 (25-41)	23 (17-32)	17 (12-26)	14 (8.4-22)	11 (6.2-18)	9.2 (4.9-16)	8.2 (4.2-15)	7.5 (3.7-14)	7.0 (3.4-13)	6.5 (3.1-12)
4	57 (45-66)	43 (32-50)	32 (24-40)	24 (18-33)	19 (13-27)	15 (10-23)	13 (8.1-20)	12 (6.9-19)	11 (6.1-17)	9.8 (5.5-16)	9.2 (5.0-15)
5	71 (64-77)	56 (49-61)	43 (37-49)	33 (28-39)	26 (22-32)	21 (17-27)	18 (14-24)	16 (12-22)	15 (10-20)	14 (9.5-19)	13 (8.7-18)
6	83	69	56	44	35	28	24	22	20	18	17

Ten year probability of osteoporotic fractures (%) according to BMD, the number of clinical risk factors (CRF) and age in women from Poland.

Age = 65 years

Number of CRFs	BMD T-score (femoral neck)										
	-4.0	-3.5	-3.0	-2.5	-2.0	-1.5	-1.0	-0.5	0	0.5	1.0
0	16	11	8.3	6.2	4.8	3.8	3.3	2.9	2.7	2.4	2.2
1	23 (21-26)	17 (15-19)	12 (10-14)	9.1 (7.3-11)	7.1 (5.4-8.8)	5.6 (4.1-7.3)	4.9 (3.4-6.5)	4.3 (3.0-5.9)	3.9 (2.6-5.4)	3.6 (2.4-5.0)	3.3 (2.1-4.6)
2	32 (28-40)	23 (20-29)	17 (14-22)	13 (9.6-18)	10 (7.0-15)	8.1 (5.2-12)	7.0 (4.2-11)	6.3 (3.6-9.9)	5.7 (3.2-9.1)	5.2 (2.8-8.4)	4.7 (2.5-7.8)
3	43 (35-51)	32 (26-41)	24 (18-33)	19 (13-27)	14 (9.3-23)	12 (6.9-19)	10 (5.6-17)	8.9 (4.7-16)	8.0 (4.1-14)	7.3 (3.7-13)	6.7 (3.3-12)
4	56 (45-62)	43 (34-51)	33 (25-42)	26 (19-34)	20 (15-28)	16 (11-24)	14 (9.1-22)	12 (7.7-20)	11 (6.6-18)	10 (5.9-17)	9.4 (5.3-16)
5	68 (63-73)	55 (50-60)	44 (38-49)	34 (30-41)	27 (23-34)	22 (18-28)	19 (15-25)	17 (13-23)	15 (11-21)	14 (9.8-20)	13 (8.9-18)
6	79	67	55	44	36	29	25	23	21	19	17

Age = 70 years

Number of CRFs	BMD T-score (femoral neck)										
	-4.0	-3.5	-3.0	-2.5	-2.0	-1.5	-1.0	-0.5	0	0.5	1.0
0	17	13	9.4	7.1	5.5	4.5	3.9	3.4	3.0	2.7	2.4
1	25 (22-30)	19 (16-22)	14 (11-16)	10 (8.2-12)	7.9 (6.1-9.3)	6.3 (4.8-7.4)	5.4 (4.0-6.3)	4.7 (3.4-5.5)	4.2 (3.0-4.9)	3.7 (2.6-4.4)	3.3 (2.3-4.0)
2	36 (29-45)	27 (21-34)	20 (15-26)	15 (11-19)	11 (8.0-15)	8.9 (6.1-12)	7.5 (5.0-10)	6.5 (4.2-8.8)	5.7 (3.6-7.8)	5.1 (3.1-7.0)	4.6 (2.8-6.3)
3	49 (39-60)	37 (28-48)	28 (20-37)	21 (15-29)	16 (11-23)	12 (8.1-18)	10 (6.6-16)	8.9 (5.5-14)	7.8 (4.7-12)	6.9 (4.1-11)	6.2 (3.6-9.8)
4	63 (53-70)	50 (40-58)	39 (30-46)	29 (22-37)	22 (16-29)	17 (13-24)	14 (10-20)	12 (8.7-18)	11 (7.4-16)	9.3 (6.5-14)	8.3 (5.7-13)
5	75 (68-79)	64 (56-68)	51 (44-56)	40 (34-45)	31 (25-36)	24 (20-29)	20 (16-25)	17 (14-21)	14 (12-19)	12 (10-17)	11 (9.1-15)
6	84	76	65	52	41	33	27	22	19	16	14

Ten year probability of osteoporotic fractures (%) according to BMD, the number of clinical risk factors (CRF) and age in women from Poland.

Age = 75 years

Number of CRFs	BMD T-score (femoral neck)										
	-4.0	-3.5	-3.0	-2.5	-2.0	-1.5	-1.0	-0.5	0	0.5	1.0
0	20	15	11	8.6	6.7	5.5	4.7	4.1	3.6	3.1	2.8
1	30 (24-46)	23 (18-35)	17 (13-26)	13 (9.8-19)	9.8 (7.3-13)	7.9 (5.9-10)	6.6 (4.9-8.0)	5.6 (4.1-6.4)	4.8 (3.5-5.6)	4.2 (3.0-5.0)	3.7 (2.7-4.4)
2	43 (32-61)	33 (24-49)	25 (18-38)	19 (13-29)	14 (9.6-21)	11 (7.6-16)	9.3 (6.2-13)	7.7 (5.1-10)	6.5 (4.3-8.7)	5.6 (3.7-7.7)	4.9 (3.2-6.9)
3	57 (41-71)	47 (31-61)	37 (23-50)	28 (17-39)	21 (13-30)	17 (10-23)	13 (8.1-19)	11 (6.7-15)	8.9 (5.6-13)	7.5 (4.8-11)	6.4 (4.2-9.0)
4	70 (52-79)	60 (41-71)	50 (32-60)	39 (24-49)	30 (19-38)	24 (15-30)	19 (12-24)	15 (10-20)	12 (8.7-16)	10 (7.5-14)	8.6 (6.5-12)
5	79 (65-84)	72 (55-78)	63 (45-70)	53 (35-59)	42 (28-48)	34 (22-38)	27 (19-31)	21 (16-25)	17 (13-21)	14 (11-17)	11 (9.9-14)
6	85	81	75	67	56	46	37	29	23	19	15

Age = 80 years

Number of CRFs	BMD T-score (femoral neck)										
	-4.0	-3.5	-3.0	-2.5	-2.0	-1.5	-1.0	-0.5	0	0.5	1.0
0	22	17	13	10	8.1	6.7	5.7	4.8	4.1	3.6	3.1
1	32 (26-49)	25 (20-39)	20 (15-30)	15 (11-23)	12 (8.8-17)	9.7 (7.2-13)	8.0 (5.9-11)	6.7 (4.9-8.4)	5.6 (4.1-6.8)	4.8 (3.5-5.5)	4.1 (3.0-4.8)
2	44 (33-61)	36 (26-52)	28 (20-42)	22 (15-33)	17 (12-26)	14 (9.4-21)	11 (7.6-16)	9.3 (6.2-13)	7.8 (5.2-11)	6.5 (4.3-8.6)	5.5 (3.7-7.2)
3	56 (42-70)	48 (34-62)	39 (26-52)	31 (20-43)	25 (15-34)	20 (12-27)	16 (10-22)	13 (8.2-18)	11 (6.8-15)	8.9 (5.7-12)	7.5 (4.8-10)
4	67 (51-76)	59 (42-70)	51 (34-62)	42 (27-52)	34 (21-43)	28 (17-35)	23 (14-29)	18 (12-24)	15 (9.9-19)	12 (8.4-16)	10 (7.2-13)
5	75 (61-80)	70 (53-76)	63 (45-69)	54 (36-61)	46 (30-52)	38 (25-44)	31 (21-36)	25 (17-30)	21 (15-25)	17 (12-20)	14 (11-17)
6	82	78	72	66	58	50	42	35	28	23	19

Ten year probability of osteoporotic fractures (%) according to BMD, the number of clinical risk factors (CRF) and age in women from Poland.

Age = 85 years

Number of CRFs	BMD T-score (femoral neck)										
	-4.0	-3.5	-3.0	-2.5	-2.0	-1.5	-1.0	-0.5	0	0.5	1.0
0	23	18	14	11	9.4	7.9	6.6	5.6	4.8	4.1	3.5
1	32 (25-48)	26 (20-40)	21 (16-32)	17 (12-25)	14 (10-20)	11 (8.2-16)	9.4 (6.8-13)	7.9 (5.7-11)	6.6 (4.7-8.6)	5.6 (4.0-7.0)	4.8 (3.4-5.8)
2	43 (32-59)	36 (26-51)	29 (21-43)	24 (16-35)	20 (13-29)	16 (11-24)	13 (8.9-20)	11 (7.3-16)	9.2 (6.1-13)	7.7 (5.1-11)	6.5 (4.3-8.8)
3	54 (40-67)	47 (33-60)	40 (27-53)	33 (21-44)	27 (17-38)	23 (14-31)	19 (12-26)	16 (9.7-22)	13 (8.1-18)	11 (6.7-15)	8.9 (5.6-12)
4	64 (49-73)	58 (42-68)	51 (34-61)	43 (28-53)	37 (23-46)	31 (19-39)	26 (16-33)	22 (14-28)	18 (11-23)	15 (9.6-19)	12 (8.2-16)
5	72 (57-78)	67 (50-73)	61 (43-68)	54 (37-61)	48 (31-55)	42 (27-48)	35 (23-41)	30 (19-35)	25 (16-30)	21 (14-25)	17 (12-21)
6	79	75	71	65	59	53	46	40	34	28	23

Age = 90 years

Number of CRFs	BMD T-score (femoral neck)										
	-4.0	-3.5	-3.0	-2.5	-2.0	-1.5	-1.0	-0.5	0	0.5	1.0
0	21	17	13	11	9.2	7.8	6.6	5.6	4.8	4.1	3.5
1	29 (22-43)	24 (18-36)	19 (14-29)	16 (11-24)	13 (9.6-20)	11 (8.0-17)	9.4 (6.7-14)	8.0 (5.7-11)	6.7 (4.8-9.3)	5.7 (4.0-7.6)	4.8 (3.4-6.3)
2	38 (28-53)	32 (23-46)	27 (19-39)	22 (15-33)	19 (13-28)	16 (11-24)	13 (8.9-20)	11 (7.4-17)	9.5 (6.2-14)	8.0 (5.2-11)	6.7 (4.3-9.5)
3	49 (36-62)	43 (30-56)	36 (24-49)	31 (20-42)	26 (17-36)	23 (14-31)	19 (12-26)	16 (9.9-22)	13 (8.2-19)	11 (6.9-16)	9.4 (5.8-13)
4	59 (44-69)	53 (37-64)	47 (31-57)	41 (26-51)	36 (22-45)	31 (19-39)	26 (16-34)	22 (14-29)	19 (12-24)	16 (9.8-21)	13 (8.3-17)
5	69 (53-74)	64 (46-70)	58 (40-65)	52 (34-59)	47 (30-53)	41 (26-48)	36 (22-42)	31 (19-36)	26 (16-31)	22 (14-27)	19 (12-23)
6	76	73	68	63	58	53	47	41	36	30	26